March 7
1940

Millennial Star

Breaking the first soil

(See page 156)

No. 10. Vol. 102 Thursday, March 7th, 1940.

POETRY

A PSALM OF LIFE

What the heart of the young man said to the psalmist.

Tell me not, in mournful numbers,
'Life is but an empty dream!"
For the soul is dead that slumbers
And things are not what they seem.

Life is real! Life is earnest!
And the grave is not its goal;
"Dust thou art, to dust returnest,"
Was not spoken of the soul.

Not enjoyment, and not sorrow,
Is our destined end or way;
But to act, that each morrow
Find us farther than to-day.

Art is long, and Time is fleeting,
And our hearts, though stout and brave,
Still, like muffled drums, are beating
Funeral marches to the grave.

In the world's broad field of battle,
In the bivouac of Life,
Be not like dumb, driven cattle!
Be a hero in the strife!

Trust no Future, howe'er pleasant!
Let the dead Past bury its dead!
Act—act in the living present!
Heart within, and God O'erhead!

Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sand of time;

Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.

Let us, then, be up and doing
With a heart for any fate;
Still achieving, still pursuing,
Learn to labour and to wait.

Henry Wadsworth Longfellow

THE LATTER-DAY SAINTS'

MILLENNIAL STAR

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★

THIS WEEK'S COVER

THE first inhabitants of the Great Salt Lake Valley were the Latter-day Saints who transformed a barren tract of land into a garden city second to none. The picture portrays the beginning of agriculture in Western America. Nevertheless, they planted wheat for man, corn for the ox, oats for the horse, barley for all useful animals. See page 156.

★

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Eternal Happiness Through Obedience And Service

By Elder George Albert Smith
Of the Council of the Twelve

George Albert Smith

WE are greatly blessed as a people and we have need to express our gratitude in service, not only in lip service, but by giving of ourselves to the blessing of mankind. Our eternal happiness will be in proportion to the way that we devote ourselves to helping others. It will be conditioned upon the things that we do and say while we are here in morality.

This is a probationary condition for us. Our Heavenly Father gave our first parents an opportunity to come and he told them what they ought to do, and all down through the ages he has been instructing us through his prophets. Wherever the people have listened to the prophets they have had success and happiness and they have been making preparation for eternal joy. Where they have refused to be mindful of the teachings of the Lord through his servants, they have paid the penalty. Not only have they suffered in mortal life, but they have forfeited the blessings that they might enjoy in immortal life.

Think of the experiences through which we personally pass while here in the world and of the centuries of history available from which we may learn valuable lessons.

Destroyed Because of Their Wickedness

By reading the Old Testament we learn that for a long period of time after Adam came, the people, exercising their agency, determined to have their own way and followed after the teachings of the adversary until they were too wicked to live. The flood came and only those were left who had been obedient and had sought to do the Lord's will. Abraham tells us of the destruction by fire of the people of Sodom and Gomorrah because of their wickedness.

Why was it necessary for the flood to come? Why did the Lord permit the cities of the plains to be destroyed by fire? It was because the people would not take advantage of their opportunities They were not only wasting their lives here upon the earth but were also bringing into the world another generation which would follow their bad example. In both cases, it seems to me our Heavenly Father in his wisdom and mercy cleansed the earth by the flood and cleared the way for a righteous people to dwell here if they would. The cities of the plains were burned that their wickedness might not continue to jeopardize other communities and children as yet unborn.

There were, in that day, as there have always been, those who prided themselves upon their intellectuality and ability. Upon one occasion while in the wilderness Moses told the camp

to do certain things. There were some of the princes of Israel, men held in high esteem—among them Korah, Dathan and Abiram—who refused to comply with the request of Moses and informed him that they were holy. Because they had transgressed and become darkened in mind they didn't realise that the adversary was influencing them. They refused to do what the Lord wanted them to do—not what Moses desired of them but what the Lord required of them. And then they defied Moses and criticised him and found fault with him. The result was that a large number of them were swallowed up in an earthquake, and about fourteen thousand seven hundred others who complained because of what had happened to Korah and his followers were suddenly swept away by a plague.

All down through history not only has there been spiritual distress, but physical distresses have followed the people of God when they have been instructed what to do and have refused.

At The Time Of The Saviour

We come to the time of the Saviour. He was the Son of God, and as long as people listened to his advice and counsel they had their blessings, but they failed to keep his commandments and the result was that the people from whom he came were scattered. Jerusalem was destroyed and a terrible condition arose. But prior to that time the Lord knowing what would occur took a remnant of his people and brought them across the mighty ocean to the Western Hemisphere.

After his resurrection the Saviour visited America as he had promised and conferred upon the faithful people the same blessings that he bestowed upon those at Jerusalem. He gave them the priesthood and ordained apostles. He told them what they should do as a Church, and for two hundred years they were a righteous people. They kept his commandments and they were happy. Then came a period of wickedness and the destruction of the white race by the Lamanites.

When Columbus discovered America the Lamanites were here in large numbers. They had lost their written language and knew of their ancestry only by tradition. They were a degraded people. They had suffered the penalty of refusing to take advantage of the opportunities that the Lord in his mercy had offered to them when he brought their ancestors to America.

Modern Prophets and Experiences

The Lord raised up mighty men to establish the United States of America, and we became a nation. He gave us a glorious Constitution for our guidance and protection. He revealed himself again to the children of men and gave us another prophet. This prophet was only a youth but the Lord blessed him and magnified him and gave to him revelations. He organised a Church as commanded and we are members of that Church.

The purpose of it was to prepare us to live eternally right here upon this earth, not upon some other earth. The Lord in

his mercy restored the priesthood that had been lost to the earth. As martyrs for the truth, this prophet Joseph Smith and his brother Hyrum sealed their testimonies with their blood.

No Safety Except in Righteousness

I have covered several thousand years of time in a few lines but the thing that I would like to emphasise is that all through this period those who kept the commandments of the Lord were laying up treasures in heaven that nobody can take from them. They are sure of eternal life in the celestial kingdom. What of those who refused to do what the Lord would have them do? Think of those people in the days of Moses who ignored the advice of our Heavenly Father and were swallowed up by an earthquake or were destroyed by a plague. They forfeited all because of disobedience. But do we realise that in our own day and in our own time if we fail to keep the commandments of our Heavenly Father the difficulties and distresses that afflict mankind generally will come to us. The only assurance we have of safety is on the score of righteousness. There is no other way.

The Lord Intends We Shall Work

He has advised us to work. He has advised us to take care of ourselves and not become objects of charity. He has advised us not to look forward to the time when we can sit down in ease and live upon the efforts of somebody who is more industrious or more successful or more faithful. He has advised us to be real men and real women.

What Of The Future

I am thinking of the future. I am thinking of the handwriting upon the wall in the days of Daniel and Nebuchadnezzar. I am thinking of the conditions in the world to-day. The Lord has drawn you out of the world, has brought you to the vastness of these great hills, has given you an opportunity that you may be preserved from the evils of mankind if you will, and has promised you eternal life in the celestial kingdom if you will be faithful.

Are we going to be blinded by the foolishness of others and lose our privileges, or will we cling to the iron rod with our faces to our problems and our backs to those who would lead us astray?

★

ERROR

BOREHAM.—The death of Sister Eliza A. Boreham which appeared in the "Star", dated February 15th, No. 7, Vol. 102, stated that the funeral service was held in the home of Brother Dale. This is incorrect. The service was held at the home of Brother Boreham.

★

Known By Their Fruits

IT seems to be the practice of some to set a man apart and brand him as a "sinner," if he is guilty of some wrong doing or practice, instead of trying to correct those forces in his physical, social and spiritual environment that may be causing his failure to live a moral life.

The application of practical religion would be to find out specifically just what the causes were that led to the commitment of sin, and try to eliminate them.

Any physician can pronounce a man physically ill, but the physician with the true spirit calling, and with a sense of service to humanity, will undertake a more complete diagnosis. After having discovered the cause of illness he will energetically set about to remove the cause. Having little thought of reward or personal gain, he will centre his attention on mending the broken health.

In like manner will the true disciple of the Master endeavour to restore a member to the fold. A sympathetic understanding, a conscientious endeavour to remove the stumbling blocks in one's environment will generally bring the desired results.

For over one hundred years "Mormonism" has stood out as a shining example as a christian organisation able to accomplish those things in the spiritual life of its adherents. Surely people will some time realise the inadequacy of other practices and will seek the true Church of Christ and come into the fold for spiritual administrations and enrichment.

In the Church of Jesus Christ of Latter-day Saints all of the richest blessings may be found. Led by a prophet and his apostles who are guided by the sure light of divine revelation, the Church not only welcomes the entry of the faithful, but sends disciples near and far with the important message of restored truth, to seek out the distressed and administer to their spiritual welfare.

SHIRL P. MORRILL.

Added Upon

A STORY

By Nephi Anderson

PART FIRST

SECTION I.—(Continued).

BEGIN THE STORY HERE

Faced with the situation of entering into the mortal state the Sons and daughters of God in their spiritual state are offered two plans whereby they regain their immortality. One is Lucifer's, the other is that of Jesus Christ. The Father accepts the offer of Jesus Christ to redeem the souls of men by love and sacrifice.

STROLLING into an arbor of vines, Homan did not observe the fair daughter seated there until he turned to leave; and then he saw her. She seemed absorbed in thought, and her eyes rested on the shifting throngs.

"A sweet face, and a strange one," thought he, as he went up to her and spoke:

"Sister, what are you thinking about?"

She turned and looked at him, and then a pleased smile overspread her face.

"Shall I tell you?"

"Do, I beg of you. May I sit here?" He seated himself opposite.

"Yes, brother, sit. My thoughts had such a strange ending that I will tell you what they were. I have been sitting here looking at these many faces, both new and old, and studying their varied beauties; but none seems to me to answer for my ideal. So I have been taking a little from each face, putting all together to form another. I had just completed the composition, and was looking admiringly at the new form when you came and—and—"

"Drove away your picture. That I should not have done."

"No; it was not exactly that. It is so odd." She hesitated and turned away her head. Then she looked up into his face again and said: "My dream face seemed to blend with yours."

They looked at each other strangely.

"Do you often make dream pictures?" asked he.

"Yes, of late; but I sometimes think I should not."

"Why?"

"Because of the many great events that are taking place around us daily which need our careful thought and consideration. I have been trying to comprehend this great plan of our Father's in regard to us. I have asked Mother many questions, and she has explained, but I cannot fully understand—only, it all seems so wonderful, and our Father is so good and great and wise;—but how could He be otherwise, having Himself come up through the school of the eternities?"

"Yet it is very strange. To think that we shall forget all we know, and that our memories will fail to recall this world at all."

"Yes, it is all strange to us, but it cannot be otherwise. You see, if we knew all about what we really are and what our past has been, mortal experiences would not be the test or the school that Father intends it to be."

"That is true; but think of being shut out, even in our thoughts, from this world. And then, I hear that down on earth there will be much sin and misery, and a power to tempt and lead astray. O, if we can but resist it, dear brother. What will this power be, do you know?"

"I have only my thoughts about it. I know nothing for a certainty; but fear not, something will prompt us to the right, and we have this hope that Father's Spirit will not forsake us. And above all, our Elder Brother has been accepted as an offering for all the sins we may do. He will come to us in purity, and with power to loose the bands of death. He will bring to us Father's law whereby we may overcome the world and its sin."

"You say the bands of death. What is death?"

"Death is simply the losing of our earthly tabernacles for a time. We shall be separated from them, but the promise is that our Elder Brother will be given power to raise them up again. With them again united, we shall become even as our parents are now, eternal, perfected, celestialised beings."

As they conversed, both faces shone with a soft, beautiful light. Homan was drawn to this beautiful sister.

"I must be going," said she.

"May I go with you?"

"Come."

They wandered silently among the people, then out through the surrounding gardens, listening to the music.

"What do you think of Lucifer and his plan?" asked she.

"The talented Son of the Morning is in danger of being cast out if he persists in his course. As to his plan, it is this: 'If I cannot rule, I will ruin.'"

"And if he rule, it will still be ruin, it seems to me."

"True; and he is gaining power over many."

"Yes; he has talked with me. He is a bewitching person; but his fascination has something strange about it which I do not like."

"I am glad of that."

She looked quickly at him.

"By what name may I call you?" he asked.

"My name is Delsa."

"Will you tell me where you live? May I come and talk with you again? It will give me much pleasure."

Continued on page 154

THURSDAY, MARCH 7, 1940

EDITORIAL

The Privilege Of Obedience

It is the privilege of every man to keep the commandments of the Lord, give generously of his time and means to the work of the Lord—and to earn the blessings that are reserved for the obedient.

I REMEMBER as a young man, I had £10 in my pocket on one occasion which I intended to deposit in the bank. When I went on Thursday morning to Fast meeting—the Fast meetings used to be held on Thursdays instead of Sundays—and the bishop made an appeal for a donation, I walked up and handed him the £10. He took £1 of it and put it in the drawer and gave the £9 back to me, and said that that was my full share.

I said: "Bishop Woolley, by what right do you rob me of putting the Lord in my debt? Didn't you preach here to-day that the Lord rewards fourfold? My mother is a widow and she needs £40."

He said: "My boy, do you believe that if I take this other £9 you will get your £40 quicker?"

I said: " Certainly."

Well, he took it.

While walking from that Fast meeting to the place where I worked, an idea popped into my head. I sent a telegram to a man asking him how many bonds of a certain kind he would buy at a specified price within forty-eight hours and allow me to draw a draft on him through Wells-Fargo's bank. He was a man whom I did not know and I had never spoken to him in my life, but I had seen him a time or two on the streets of Salt Lake. He wired back that he wanted as many as I could get. My profit on that transaction was £53.

The next day I walked down to the Bishop and said:

" Bishop, I made £53 after paying that £10 donation the other day and so I owe £5 6s. 0d. in tithing. I will have to dig up the difference between £5 6s. 0d. and £3 17s. 0d. The Lord did not quite give me the tithing in addition to a four to one increase.

Someone will say that it would have happened anyway.

I do not think it would have happened. I do not think I would have got the idea. I do not think I would have sent the telegram.

I feel in my heart that we grow financially, spiritually, and in every way, as Latter-day Saints, by doing our duty. When we are obedient to the commandments of the Lord and generous with our time and our means, we grow in the spirit and testimony of the Gospel, and I do not believe that we are ever poorer financially. I am a firm believer that the Lord opens up the windows of heaven when we do our duty financially and pours out blessings upon us of a spiritual nature, which are of far greater value than temporal things. But I believe He also gives us blessings of a temporal nature.

In the kind providences of the Lord every man who lives the Gospel of Jesus Christ sooner or later receives that precious thing known as a testimony to the eternal part of his nature, a testimony regarding the divinity of the labour in which we are engaged. There are no people that make the sacrifices that we do, but for us it is not a sacrifice but a privilege—the privilege of obedience, the privilege of entering into a working partnership with our Father in heaven and earning the choice blessings promised to those who love Him and keep His commandments.

PRESIDENT HEBER J. GRANT.

ADDED UPON

Continued from page 151

" Which pleasure will be mutual," said she.

They parted at the junction of two paths.

II.

" How art thou fallen from heaven, Oh Lucifer, son of the morning."
Isaiah 14: 12.

Never before in the experiences of the intelligences of heaven, had such dire events been foreshadowed. A crisis was certainly at hand. Lucifer was fast gaining influence among the spirits—and they had their agency to follow whom they would. The revolting spirit had skill in argument; and the light-minded, the discontented, and the rebellious were won over.

To be assured eternal glory and power without an effort on their part, appealed to them as something to be desired. To be untrammeled with laws, to be free to act at pleasure, without jeopardizing their future welfare, certainly was an attractive proposition. The pleasures in the body would be of a nature hitherto unknown. Why not be free to enjoy them? Why this curb on the passions and desires? "Hail to Lucifer and his plan! We will follow him. He is in the right."

Many of the mighty and noble children of God arrayed themselves on the side of Christ, their Elder Brother, and waged war against Lucifer's pernicious doctrine. One of the foremost among them was Michael. He was unceasing in his efforts to bring all under the authority of the Father. The plan which had been proposed, and which had been accepted by the majority, had been evolved from the wisdom of past eternities. It had exalted worlds before. It had been proved wise and just. It was founded on correct principles. By it only could the spiritual creation go on in its evolution to greater and to higher things. It was the will of the Father, to whom they all owed their existence as progressive, spiritual organisations. To bow to Him was no humiliation. To honour and obey Him was their duty. To follow the First Born, Him whom the Father had chosen as mediator, was no more than a Father should request. Any other plan would lead to confusion. Thus reasoned the followers of Christ.

Then there were others, not valiant in either cause, who stood on neutral ground. Without strength of character to come out boldly, they aided neither the right nor the wrong. Weak-minded as they were, they could not be trusted, nor could Lucifer win them over.

Meanwhile, the earth, rolling in space, evolved from its chaotic state. and in time became a fit abode for the higher creations of God.

Then the crisis came. The edict went forth that for many of the sons and daughters of God the first estate was about to end, and that the second would be ushered in. Lucifer had now won over many of the hosts of heaven. These had failed to keep their first estate. Now there would be a separation.

A council was convened, and the leading spirits were summoned. All waited for the outcome in silent awe.

Then came the decision, spoken with heavenly authority:

"Ye valiant and loyal sons and daughters of God, blessed are ye for your righteousness and your faithfulness to God and His cause. Your reward is that ye shall be permitted to dwell on the new earth, and in tabernacles of flesh continue in the eternal course of progress, as has been marked out and explained to you."

Then, to the still defiant forms of Lucifer and his adherents this was said:

"Lucifer, son of the morning, thou hast withdrawn from the Father many of the children of heaven. They have their agency, and have chosen to believe thy lies. They have fallen with thee from before the face of God. Thus hast thou used the power given thee. Thou hast said in thy heart, I will exalt my throne above the stars of God. . . . I will be like the Most High! Thou hast sought to usurp power, to take a kingdom that does not belong to thee. God holds you all as in the hollow of His hand; yet He has not restrained thine agency. He has been patient and longsuffering with you. Rebellious children of heaven, the Father's bosom heaves with sorrow for you; but justice claims its own—your punishment is that you be cast out of heaven. Bodies of flesh and bones ye shall not have; but ye shall wander without tabernacles over the face of the earth. Ye shall be 'reserved in everlasting chains under darkness into the judgment of the great day.'"

Thus went forth the decree of the Almighty, and with it the force of His power. Lucifer and many of the hosts of heaven were cast down. The whole realm was thrilled with the power of God. The celestial elements were stirred to their depths. Heaven wept over the fallen spirits, and the cry went out, "Lo, lo, he is fallen, even the Son of the Morning."

(To be continued).

★

SUCCESS

At first I thought of riches
To bring me happiness,
But what more could I ask in life
To reap in my success.
Then fame was my ambition—
A very seeming goal,
But fame just overtook me,
I lost my sacred soul.
To realise now the object
Success in life provides,
I must exclude all selfishness,
To make the greater strides.

The open way before him,
The Master for his guide,
Success to him is certain
Whose soul is purified.
He knows success, who labours
Throughout his lowly days,
Who seeks the heart of neighbours;
Success is his always.

C. S. GARRADLEY-ARMSTRONG,
(Cheltenham Branch).

The Word Of Wisdom

A MODERN INTERPRETATION

By John A. Widstoe and Leah D. Widstoe

PREFACE

A close and careful study of the Word of Wisdom in the light of the modern knowledge of nutrition — really the study of health maintenance and resistance to disease—is of prime importance, and should engage the thoughtful attention of all people especially of those responsible in the home for the food supply. Knowledge and the use of knowledge give health and power.

Commencing with this issue the "Star," will publish extracts from the treatise, "The Word of Wisdom." This book deals very thoroughly with the subject of Dietetics, and will prove an excellent guide for all who are desirous of a proper understanding of Sec. 89, of the Doc. and Cov. and its application to their lives.

"And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their naval and marrow to their bones: . . . and shall run and not be weary and shall walk and not faint."

THE Word of Wisdom, a code of health dealing primarily with human nutrition, was promulgated as a divine revelation in 1843 by Joseph Smith, the "Mormon" Prophet. It is a part of the religious system of the Church of Jesus Christ of Latter-day Saints which declares that the care of the body is a sacred duty; and it has been practiced measurably by members of the Church with very favourable results.

Three objectives have been kept in mind in the preparation of this book. First, to make clear the meaning of the Word of Wisdom in terms of modern knowledge. Second, to show that the learning of the last century confirms the teachings of the Word of Wisdom. Third, to furnish some information for the guidance, through proper nutrition, of those who seek to retain, improve or recover their health.

The Word of Wisdom is not another food fad, of which there have been thousands in the world's history. It is a simple, rational dietary system conforming to general human experience and to accurate scientific knowledge; and is an important guide to physical welfare. Those who are well should practice the Word of Wisdom as a prevention of disease. Those who are ill should not only practice the Word of Wisdom, but should also seek professional help from the well-trained and reliable physicians of this day. The recent advances in the science of human nutrition are gradually being included in the curricula of medical schools; and the medical profession is aware as never before of the importance of proper nutrition in the maintenance of health and curing of disease.

Latter-day Saints and all others would do well to acquaint themselves with the truths, positive and negative, taught and implied in the Word of Wisdom, and to practice its precepts so that disease may be prevented. Thereby they would win the fundamentals of life's happiness.

NEED OF HEALTH INFORMATION—INSTALMENT I.

"All things which come of the earth, in the season thereof, are made for the benefit and use of man, both to please the eye and to gladden the heart; yea for food and raiment, for taste and for smell, to strengthen the body and to enliven the soul."—D. and S. Sec. 59: v. 18, 19.

Present Health Conditions.

The preservation of human health has not been forgotten by the scientific explorers of the present day. Now as never before the conditions that determine health and disease are understood . The length of human life has been extended, and information is available for maintaining health while life lasts.

Nevertheless, while science has conquered many a dread disease, the death rates from others are rising. Before them, at present, humanity stands powerless. Infectious diseases are diminishing; chronic or degenerative diseases are increasing. The death rate in infancy is decreasing, but the death rate in later life is increasing. Cancer, heart disease, stomach ulcers, and diabetes are increasing in civilized countries at an alarming rate. The rich and educated are as susceptible as those whose finances demand a low output for food.

Poor Nutrition as a Cause.

This condition is the effect of many causes. One of the most potent is the failure to observe the recent findings of science in the field of nutrition; for as we eat so is the composition of the blood stream, the nature-provided healing agent of the body. The world could with much profit consider its dietary habits and mistakes.

Too much of the modern food supply comes from tin cans or packages, for often women as well as men work in factories and offices, and the tin opener is coming to be the most used kitchen implement. A typical modern diet of meat, white bread, refined cereals, potatoes and sweets, crowding milk, fruits and vegetables to a minimum, is especially likely to be deficient in calcium (and other minerals), roughage and vitamins. The results are unquestionably bad.

Constipation has become a "national complaint," while colitis, appendicitis, poor bone development and tooth decay and the more serious diseases already mentioned are increasing. Underweight (or overweight), nervous irritability, poor digestion, general weakness and lowered vitality are regarded to be other signs of malnourished tissues which are becoming more frequent due to unbalanced food and other imperfect health habits.

There is a growing concensus of belief among professional as well as lay members of society that faulty nutrition is a contributing factor in many of the diseases that plague civilization. It has come to be believed that degenerative diseases do not attack healthy tissues. That is, predisposing conditions precede disease. The problem of health then becomes a matter of prevention by keeping the bloodstream, the natural health-provoking agent of the body, of the correct composition. This implies the intake of suitable food as a major factor of health.

It is a notable, well-attested observation that primitive peoples are largely freed from the diseases that trouble civilised man most. These matters are being subjected to the scrutiny of science and as new light comes the prejudices and superstitions of the past will be overcome.

Health Among the Latter-day Saints.

The Church of Jesus Christ of Latter-day Saints has had since 1833 a health code called the Word of Wisdom, dealing primarily with nutrition. Alcohol, tobacco, tea and coffee are to be eschewed, meat is to be eaten sparingly, and grains, fruits and vegetables are to be used liberally.

Excellent as it is, it is none too good considering the possibilities of good health offered by the Word of Wisdom. Moreover it must be observed that Latter-day Saint vital statistics

indicate danger signals that should be heeded. Deaths from typhoid and tuberculosis have been reduced greatly since 1914, when full vital records were first made by the Church, but the death rate from diabetes has decreased only slightly, and cancer and heart diseases have definitely increased.

These statements are confirmed by the data of the following table:

AVERAGE DEATH RATE FROM FIVE CAUSES AMONG THE LATTER-DAY SAINTS. PER 100.000 OF POPULATION—1914-1934.

	1914-16	1924-26	1932-34
Typhoid	13.4	6.4	2.2
Tuberculosis	11.6	9.1	7.0
Cancer	31.3	40.9	49.8
Diabetes Mellitus	11.6	9.2	8.2
Diseases of the Heart	82.4	80.6	113.3

It may be asked, however, why, under such a healthful environment, the percentage of deaths from the diseases enumerated should be even as high as shown in the above table. The answer is obvious: It is evident that the people of the Church are not observing fully all the factors of health as given in the Word of Wisdom, else they would have an even greater immunity from all diseases.

One can not say that to refrain from smoking and from drinking tea, coffee, or alcohol is to keep fully the Word of Wisdom. That is a big step toward maintaining health but it is not full obedience to the law. The many "do's" in the inspired document are as important as the "don'ts." Unquestionably, the Word of Wisdom is not lived completely or the people would receive a greater fullness of the promised reward.

Cumulative Effects

It must not be overlooked that the mistakes of living have a cumulative effect. Daily errors may not be noticed at the time they are committed but they finally break down the resistance of the body and allow disease to take possession. The errors of youth must often be paid for in later years. Therefore, those who have disobeyed the laws of health in childhood and youth, whether ignorantly or wilfully, must seek with redoubled care, to preserve their health during maturity. Likewise, to make most certain of a joyous life, obedience to the laws of health must begin in the earliest years and continue throughout life. Men may break the laws of health for years yet seem to feel no ill effects, but sooner or later the penalty must be paid by them and too often by their progeny. Nature has no favourites. There can be no progress except as the will is directed towards obedience to law.

Economics of Health

The economic side of this problem must also be kept in view. Men in indifferent health cannot work as efficiently as those who are in full possession of their powers.

Add together the monetary equivalent of the loss of man power due to ill health and premature death, the cost of caring for the sick, and the money wasted for substances not only useless but injurious to the body, and a staggering total is reached.

The Importance Of A Clean Body

By Marion G. Forsythe

WE as Latter-day Saints should be thankful that in this day and age when so many evils and designs do exist to tempt man, that we have been given Divine guidance to warn us against these snares.

But God has not left the rest of the Christian world entirely in darkness on this subject. We are told in one of Paul's writings that we are the Temple of God—this body of flesh and bones which we possess is God's Temple. He created it for us in order that we might have a place wherein to dwell and progress. We are told that if we defile the body (God's temple), he will destroy us.

It is true that we were born into this second estate with natural desires, but we should never create unnatural desires from our natural ones. We are told in Alma that this is a probationary state in which to prepare for eternal life—to overcome carnal, sensual and devilish desires of the flesh. In other words become a master of our bodies.

The Saviour has said: "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne." What a glorious promise he has given to all of those who can overcome and master themselves.

I have heard some say that the Word of Wisdom could not be lived—that people cannot overcome the habit of using of the forbidden, harmful drugs. If it had not been within man's reach the Father in Heaven would never have given the revelation as a guide and protection to his children.

Some thoughtless pleasure seekers carve their names on trees just to satisfy their craving desire to destroy. Some people's attitude toward their own bodies is just as careless. If man would only stop and realise what a wonderful machine he possesses in the body given him through the grace of God! Man is more intelligent than any of the animals, yet he imposes burdens upon his body far heavier than the animals will assume.

The mechanism of man's body demands that it be not abused. Consider its wondrous construction! The human eye is more marvellous than the most costly musical instrument; the heart than the most durable pump. The ear transcends the Audion tube; the lungs, the most modern ventilating system; and the hands, all other prehensile devices combined. The memory is superior to the phonograph; the digestive system to the chemical laboratory; and the brain to all the libraries in the world. What a wonderful and powerful machine has been given to us! How can we afford to destroy any part of it? When we impair a single part we hinder our own progress and decrease our power for good.

It is our duty to master and control our habits.

From the Mission Field

DOINGS IN THE DISTRICTS.

Liverpool

At a special meeting held at the Burnley Chapel on Sunday morning, February 25th, vital instructions were given out and dealt with by Mission President Andre K. Anastasiou. Approximately 25 members were present. Liverpool, Leeds, Manchester, and Sheffield Districts were represented.

In the afternoon a general meeting was held at which Brother George Bailey and President Andre K. Anastasiou were the principal speakers. Brothers Herbert Walker (Leeds District) and George Dale (Manchester District) also spoke.

The theme was the "Preparation for the Coming of the Lord."

Approximately 60 members attended this meeting.

Birmingham

The Nuneaton Branch M.I.A. was re-organised on Sunday, February 11th, as follows:—

Brothers Clarence Walter Linnett (president), James Blackwood Neil (1st counsellor), Sister Marjorie Hugo (2nd counsellor), and Brother Cyril Lees (secretary).

The M.I.A. opening social was held in the Masonic Hall, Nuneaton, on Tuesday, February 29th, with Brother Clarence Linnett taking charge.

The evening was spent in games and songs, and refreshments were served.

★

PERSONAL

PICKTHALL - OWENS. — Leslie Arthur Pickthall and Sister Doris Owens were married on Saturday, February 24th, in the Burnley Chapel by Mission President Andre K. Anastasiou. The bride was given away by her father, Branch President John E. Owens.

A social and dance was given at night in their honour and Brother and Sister William Lomas provided the music with Brother Clifford as Master of Ceremonies. Approximately 80 members and friends were present.

BORN. — To Brother and Sister James R. Cunningham, of St. Albans, on Monday, February 26th, an infant daughter. Brother Cunningham is second counsellor in the Mission Presidency.

★

DEATH

WRIGHT.—Brother Harry Wright of the Mansfield Branch, Nottingham District (formerly of the Hucknall Branch), passed away at the General Hospital, Nottingham, on Saturday, January 27th, aged 24 years.

The funeral service was held at his home, on Thursday, February 1st, with Brother George W. Winfield of the District Presidency conducting. Brother Winfield also dedicated the grave. The interment took place at Mansfield Rock Cemetery.

GREGSON.—On Monday, February 12th, Sister William Gregson of Macclesfield passed away at her home. She was the widow of Brother William Gregson who, up to his death, was President of the Manchester District.

The funeral service was held in her home and was conducted by District President George E. Dale, who also dedicated the grave. Some thirty persons were in attendance. Sister Gregson had been a member for 38 years.

LATTER-DAY SAINT MEETING PLACES IN BRITAIN

★

Aberdeen:
Corn Exchange,
5, Hadden Street.

Accrington:
*L. D. S. Hall,
Over 9, Church St.

Airdrie:
†L. D. S. Hall,
40, Hallcraig Street.

Barnsley:
Arcade Buildings.

Batley:
*L. D. S. Hall.
Purwell Lane.

Belfast:
†Arcade Buildings,
122, Upper North St.

Birmingham:
L. D. S. Chapel,
23, Booth Street.
Handsworth.
Council Schools,
Stratford Road,
Sparkbrook.

Blackburn:
L. D. S. Hall,
Saving Bank Chambers,
Lord Street, West.

Bradford:
L. D. S. Chapel,
Woodlands Street,
Off City Road.

Brighton:
50a, Compton Ave.

Bristol:
L. D. S. Hall, Zion Rd.,
off Clarence Road.

Burnley:
§L. D. S. Chapel,
1, Liverpool Road,
Rosegrove.

Bury:
L. D. S. Chapel.
15, Broad Street,

Carlisle:
L. D. S. Hall,
Scotch Street.

Cheltenham-Stroud:
Theosophical Hall,
St. Margaret's Ter.,
Off North Place,
Cheltenham.

Clayton:
*Central Hall.

Derby:
Unity Hall.

Doncaster:
*L. D. S. Hall,
Trafford Street.

Dublin:
†L. D. S. Hall,
8. Merrion Row.

Eastwood:
Library, Church St.

Edinburgh:
Ruskin House,
15, Windsor Street.

Gainsborough:
L. D. S. Hall,
4B, Silver Street.

Gateshead:
Westfield Hall,
Westfield Terrace.

Glasgow:
South Side
Masonic Hall,
30, Abbotsford Pl., C.5.

Gravesend:
16, Austin Road.

Great Yarmouth:
Johnson's Rooms,
Northgate Street.

Grimsby:
Boardman Hall,
East Marsh Street,

Guisborough:
L.D.S. Hall,
Back of 13 Church St.

Halifax:
*L. D. S. Hall,
35, Brinton Terrace,
Off Hansen Lane.

Hucknall:
*Byron Buildings.

Hull:
L. D. S. Chapel,
Wellington Lane, and
Berkeley Street.

Hyde:
L. D. S. Hall,
Reynolds Street.

Kidderminster:
L. D. S. Chapel,
Park Street.

Leeds:
*L. D. S. Hall,
5. King Charles St.

Leicester:
All Saints' Open,
Great Central Street.

Letchworth:
Vasanta Hall,
Gernon Walk.

Liverpool:
L. D. S. Chapel,
301, Edge Lane.

London:
L. D. S. Chapel,
59, Clissold Rd., N.16.
Ravenslea Chapel,
149, Nightingale Lane
S.W.12.
57, King Alfred's Ave
Catford.
58, Wellesley Road,
Gunnersbury, W.4.

Loughborough:
Adult School.

Lowestoft:
L. D. S. Hall,
20, Clapham Road.

Luton:
Dallow Road Hall.
Corner of Dallow and
Naseby Roads.

Mansfield:
39a, Albert Street.

Manchester:
L. D. S. Hall,
88, Clarendon Road.
C. on M.

Merthyr Tydfil:
L. D. S. Chapel,
Penyard Road.

Middlesbrough:
L. D. S. Hall,
21, Bottomly Street,
Off Linthorpe Road.

Nelson:
*L. D. S. Hall,
10, Hibson Road.

Northampton:
*L. D. S. Chapel,
89, St. Michael's Road.

Nottingham:
L. D. S. Hall,
8, Southwell Road.

Norwich:
L. D. S. Chapel,
60, Park Lane.

Nuneaton:
Masonic Hall,
Newdegate Street.

Oldham:
L. D. S. Hall,
Neville Street.

Plymouth:
L. D. S. Hall,
114, Tavistock Road.
Park Street.

Pontllanfraith:
Enquire:
81, Brynteg Street

Preston, Lancs:
L. D. S. Hall,
44, Avenham St.
Off Fishergate.

Rawmarsh:
L. D. S. Hall,
Main Street.

Rochdale:
L. D. S. Chapel,
Lower Sheriff St.

Sheffield:
L. D. S. Chapel,
Corner of Ellesmere
and Lyons Roads.

Shildon:
*L. D. S. Hall,
100, Main Street.

South Shields:
L.D.S. Hall,
36, Fowler Street.

Staffordshire:
Washington Bldgs.,
Wolverhampton.

St. Albans:
49, Spencer Street.

Sunderland:
L. D. S. Chapel,
18, Tunstall Road.

Tipton, Wolverhampton:
L. D. S. Hall,
Washington Building,
Berry Street.

Varteg:
Memorial Hall.

West Hartlepool:
L. D. S. Chapel,
7, Osborne Road.

Wigan:
*L and Y Station.

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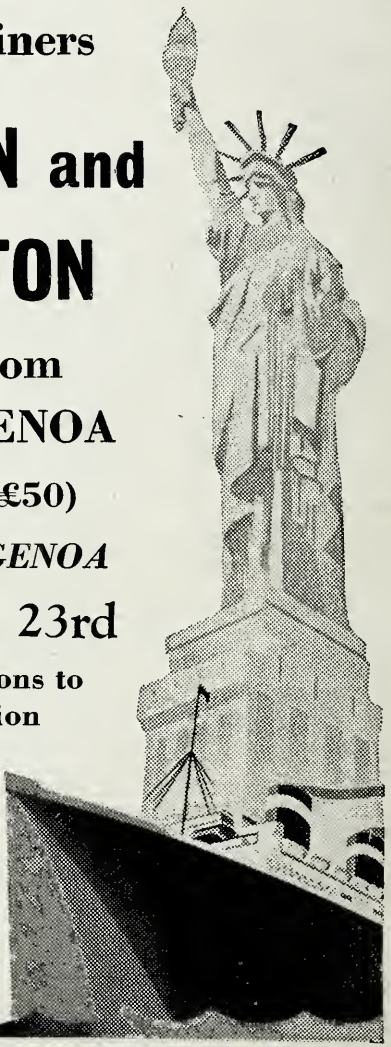

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